

*If you answer yes to
any of the signs
mentioned inside
this pamphlet, please
ask the nurse you
are seeing today
for assistance, and/
or contact the
Women's Center for
Domestic Violence
Services at
(208)664-9303*



Or, call the National Domestic Abuse
Hotline at 1-800-799-SAFE
www.ndvh.org

*Panhandle Health
District offices are ready
to serve you in each of
the five
northern counties of
Idaho*

Kootenai County

8500 N. Atlas Road
Hayden ID 83835
208 415-5100

Bonner County

1020 Michigan
Sandpoint ID 83864
208 263-5159

Boundary County

7402 Caribou
Bonners Ferry ID 83805
208 267-5558

Benewah County

711 Jefferson
St. Maries ID 83861
208 245-4556

Shoshone County

114 W Riverside
Kellogg ID 83837
208 786-7474

*This pamphlet is brought to you courtesy of the
Panhandle Health District 1 and Title X, Idaho
State Family Planning.*

Mkenney\publisher files\signs of abuse\May 2006

Signs You Are Being Abused



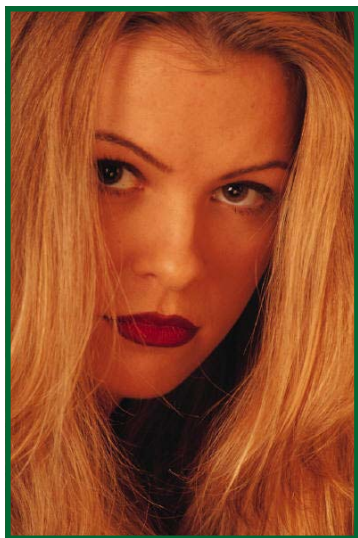
Panhandle Health District 1
www2.state.id.us/phd1



Sometimes it is difficult and confusing to admit that you are in an abusive relationship or to find a way out.

Sometimes you may think that everything is fine, and truly believe your partner wouldn't harm you again, and then there are other times you are fearful. The abuser often apologizes over and over again, or tells you it is your fault. You are not at fault. You did not cause the abuse to occur, and you are not responsible for the violent behavior of someone else.

There are clear signs to help you know if you are being abused.



Signs You Are Being Abused

If the person you love or live with does any of the things listed to you, it is time to get help.

- ☾ Keeps track of what you are doing all of the time.
- ☾ Constantly accuses you of being unfaithful.
- ☾ Prevents or discourages you from seeing friends or family.
- ☾ Prevents you from working or going to school.
- ☾ Criticizes you for little things.
- ☾ Gets angry when he is drinking alcohol or using drugs.
- ☾ Controls all the money you spend.
- ☾ Humiliates you in front of others.
- ☾ Destroys your property or things that you care about.
- ☾ Threatens to hurt you or the children.
- ☾ Hits, punches, slaps, kicks, bites you or the children.
- ☾ Uses or threatens to use a weapon against you.
- ☾ Forces you to have sex against your will.
- ☾ Tells you his violent outbursts are your fault.

Ninety-two percent of American women rank domestic and sexual violence as one of their top priorities. One out of every three women experiences at least one physical assault by a partner during adulthood, according to a 1996 study by the American Psychological Association.

Taken from the National Coalition of Domestic Violence

